Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 6

Practising gratitude has benefits for us

Self-care is an important part of supporting ourselves

There are lots of things we can do to help ourselves build new, helpful habits



Gratitude practice

Write down 5 things you are grateful for.
Why are you grateful for them? Who is involved?

© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 6

Building Habits

Give it a go for 30 days!



Write down 4 or 5 skills you learnt on this course which you would like to try for the next 30 days

Commit to practising one of these for the next 30 days

You could practise the same one each day or switch between them

© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

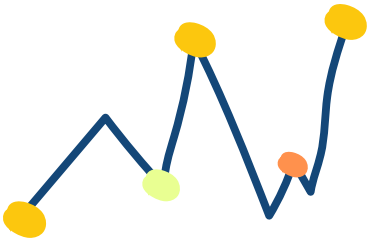
Building Resilience: Helping You To Help Yourself
Week 6

Building Habits

Track your progress!

Write in a journal, use a habit tracking app or simply put a tick on a calendar to track your progress



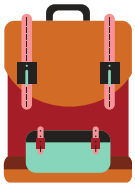














Make it easy for yourself!

Set reminders and alarms, write lists, prepare ahead.

Do whatever you can to make it easier for you to stick to your new habits



© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

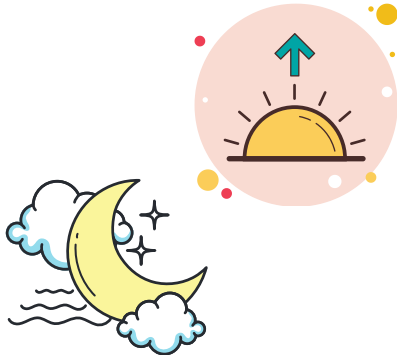
Building Resilience: Helping You To Help Yourself
Week 6

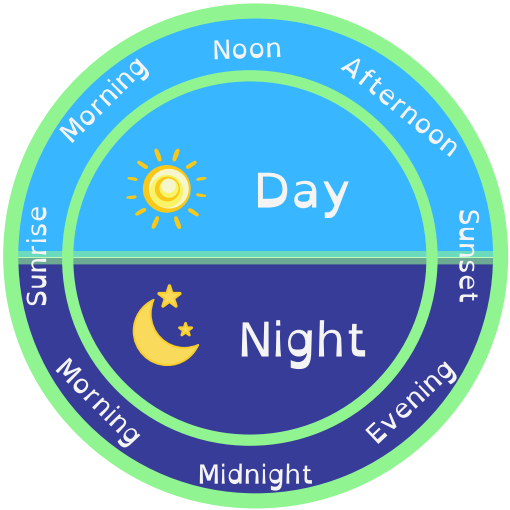
Building Habits

Sleep and routine

Try to go to sleep and wake up about the same times each day.

Develop a morning and evening routine that helps you





When do you function best?

Try to notice at what points during the day you feel most alert or energetic and when you have lower energy.

This will help you plan the best times to carry out your goals

Use the wheel on the next page to write down how you feel at different points during the day

© Valleys Steps 2021

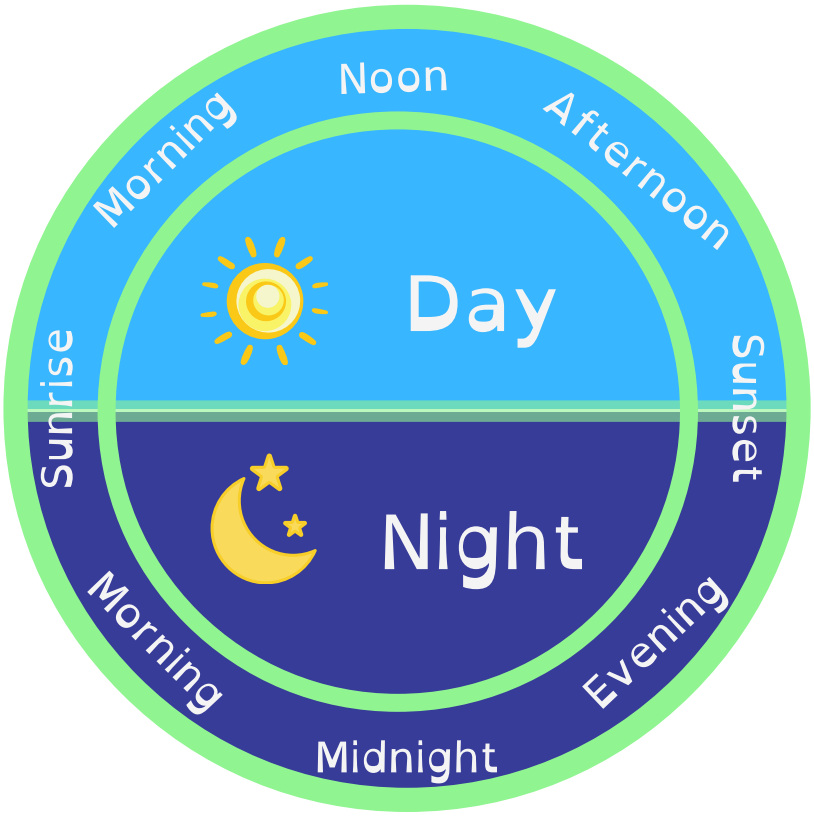
Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 6

Building Habits



© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 6

Building Habits

Expect setbacks!

Remember that setbacks are normal.

If you have a setback, accept it and re-commit to your goal.



Modify your plan if needed e.g. could a reminder or preparing in advance help? Does the time you set need to be changed?



Include self-care in your routine

Don't forget to factor in time for self-care just like you would do with your other goals

Make yourself a reminder card

It can be hard to remember to use our new skills during the most difficult times (when we need them most!)

Make yourself a little card, or note on your phone, listing your favourite techniques, so you can remember them



© Valleys Steps 2021

Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 6

Weekly Action Plan

What am I going to do?

When am I going to do it?

How much / how long?

How often / how many times?

Stuck for ideas?



Gratitude Practice



Plan what you will do going forward

Practise one of the activities we covered today!

© Valleys Steps 2021

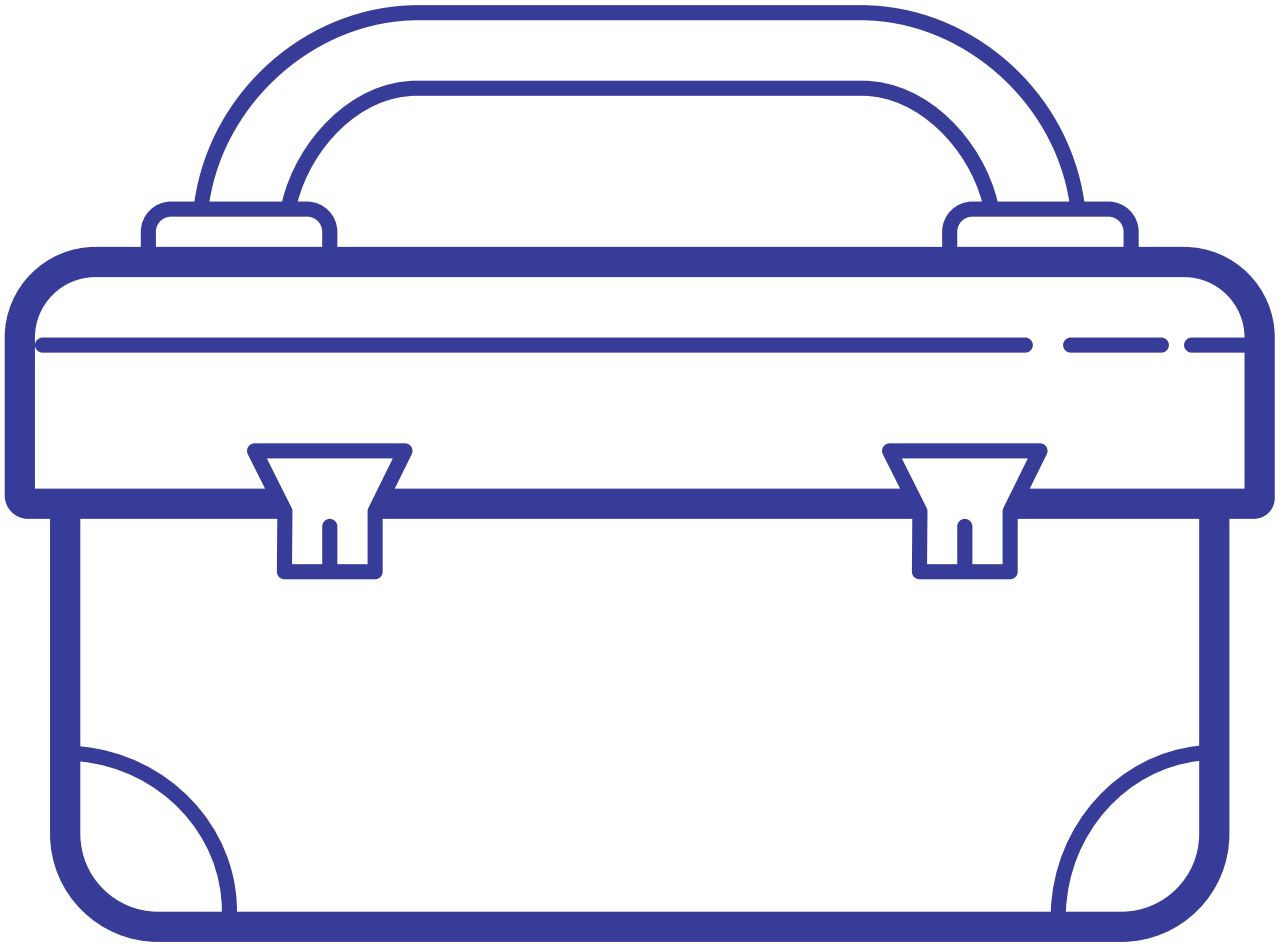
Valleys Steps Camau'r Cymoedd

Steps to Student Wellbeing

With students for students

Building Resilience: Helping You To Help Yourself
Week 6

My Toolbox



What's in your Toolbox already?
What can you put in from this week?

© Valleys Steps 2021